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THE WORLD'S WAR AGAINST CONSUMPTION

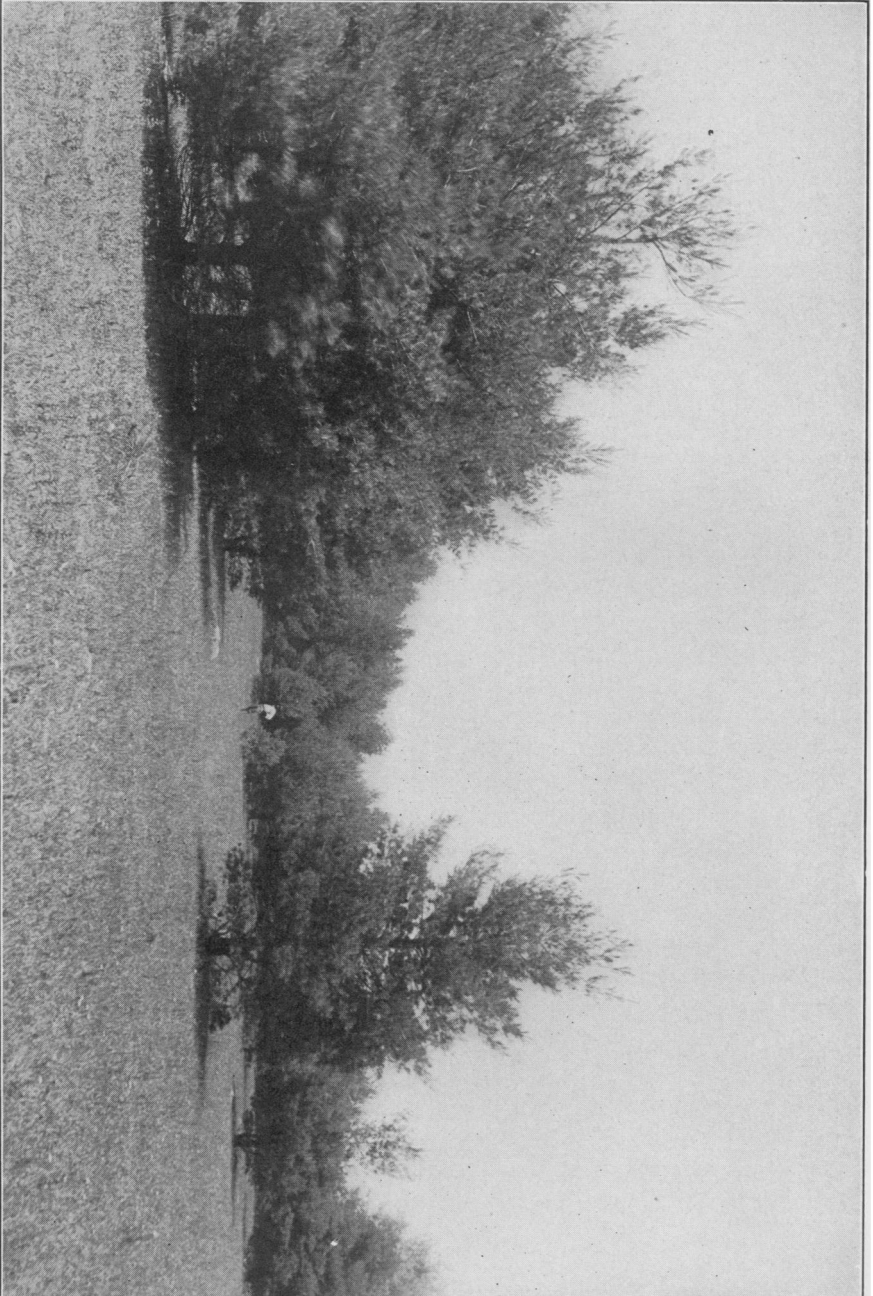
COMPILED BY L. L. DOCK

(Continued from page 106)

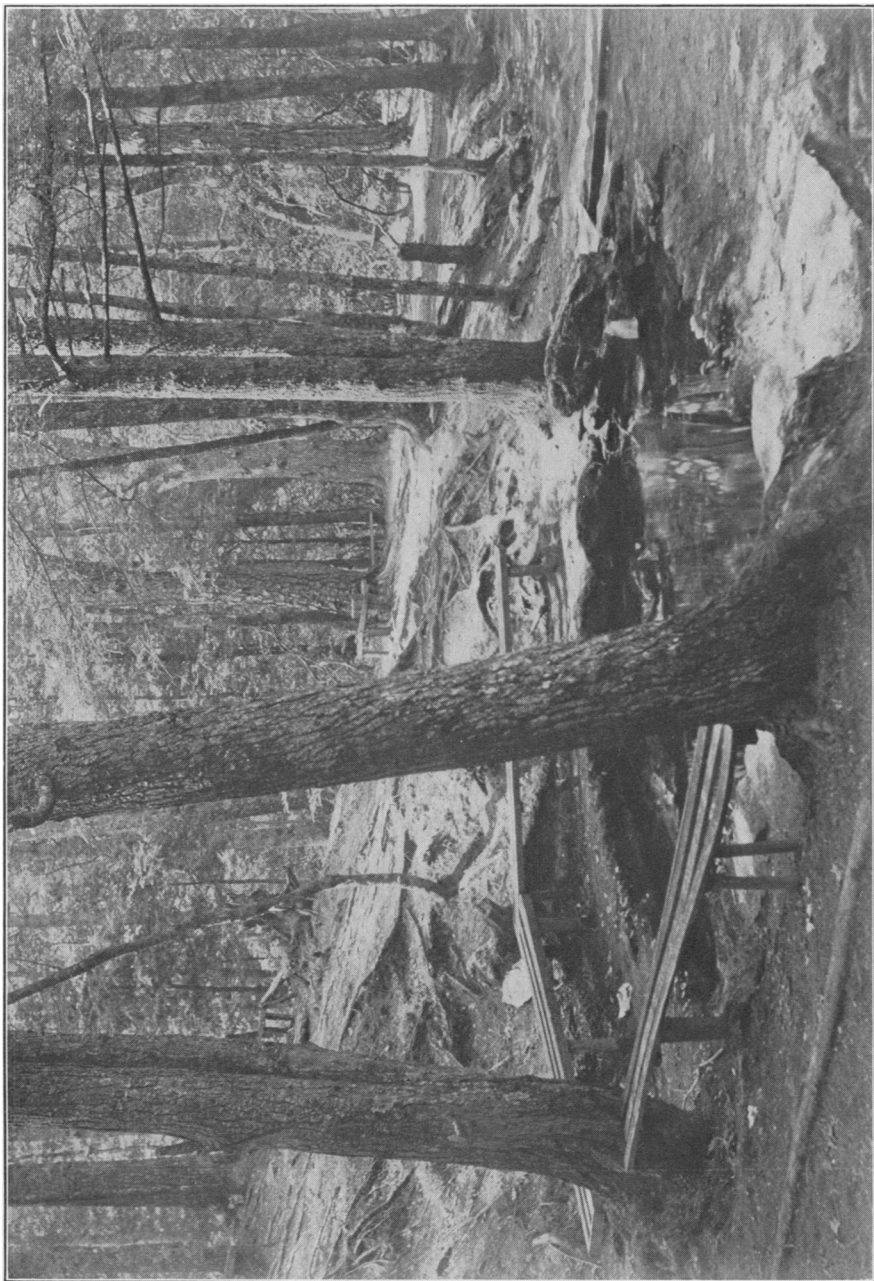
THE PENNSYLVANIA FOREST RESERVES AS SANATORIA

THE State of Pennsylvania leads all others in its work of preserving and reclaiming the vast forests with which Nature had endowed it. The Forestry Commission of Pennsylvania, under the presidency of Dr. J. T. Rothrock, of West Chester, has not only taken an enviable position of leadership in the immense and vital subject of forestry as such, covering the vast problems of protection of river sources, head-waters of streams, the mitigation of floods, and the modification of rural life through the systematization of a great communal industry, but Dr. Rothrock, who besides being a scientist has the degree of M.D. and is a man of boundless humanity and altruistic enthusiasm, has for a number of years planned to open the public forest lands, under certain restrictions, to invalids, especially consumptives. The "Report of the Pennsylvania Department of Forestry," published late in 1902, shows his plan and also what has so far been accomplished in this direction in the establishment of a camp for consumptives at Mont Alto Park.

In this report Dr. Rothrock says: "I desire very briefly to discuss one aspect of the Forest Reservation work which seems to have been generally lost sight of in considering the relation of the Government to the citizens; I mean the State lands as sanatoria and outing grounds for those who are in search of health and recreation. It has long been known that there was some relation existing between outdoor life in some form and the cure of pulmonary tuberculosis. Half a century ago it was believed that if one suffering from this malady had the strength requisite to go to, and remain in, the cabins of the men who were producing charcoal for the furnaces his chances for recovery were good. By a strangely erroneous opinion it was thought that the benefit derived came from inhaling the charcoal dust. This dust, as we know, is carbonaceous in character and, in so far, is much more likely to be a cause of danger than of help. The real cause was the fresh air in which they lived, which was potent enough to overcome even the injurious effect of the coal dust. That strange terror about night air which so distorts our vision that we cannot recognize that pure air and lungs are specifically adapted to each other, and, therefore, the former cannot well injure the latter, has been responsible for the deaths of thousands of victims who were confined, from mistaken ideas of kindness, in the unwholesome atmosphere of a closed room.



IN FRONT OF SANATORIUM



" PEARL OF THE PARK "

"We are fast gaining a better knowledge of the real facts. Consumption is a disease (largely) of indoor life. The cure for it is activity out-of-doors. Any outdoor climate in this State is probably more healthful than any indoor climate we have. At the same time it is true beyond dispute that some locations are better than others. The highlands of Pennsylvania are known to be especially favorable for cure of pulmonary tuberculosis. In other words, we have in Pennsylvania many thousands of acres, which are the property of the Commonwealth, to which our ailing citizens might go in search of health with a well-grounded hope that their search would be successful. The importance of this appears when the statement is made that there are thousands of our indigent sick citizens who annually give up hope of prolonging life because they have not the means to visit some of the distant health resorts which have established reputations.

"I should fail in my duty if I neglected here to assert in the most positive terms that I know of no way in which the Legislature of the State of Pennsylvania could do a greater good for a small sum than by providing shelter on selected portions of our Forest Reservations to which our needy sick could go. Modern science is fully equal to the task of protecting the community against harm from such institutions.

"Somewhere, somehow, these people must be cared for. They are a greater source of danger to the community when free to work out their own devices than when placed under proper sanitary control. They are human beings, and our religion forbids that we turn them adrift to die without thought or care. I know that there are regions, healthful regions, in Pennsylvania, where moneyed interests have combined to bar out those who suffer from this disease, where no compromise is considered and no division of God's gift of fresh air allowed. We leave these parties to their own reflections. There are forms of inhumanity which it is difficult to characterize!

"I cannot allow myself to close this report without calling attention to the noble work which the Consumptive Hospital at White Haven is doing. It merits a most cordial and liberal support.

"There is another class to whom these reservations offer a rare chance. I mean those who are a little ailing and who seek a place where they may freely roam while in search of health. Two places have thus far been tested and given good results. First, that region near Resica, close to the boundary line between Pike and Monroe Counties. Second, the summit of South Mountain, back of Mont Alto, in Franklin County. No doubt there are other places equally good in Pennsylvania."

Dr. Rothrock's plans have already taken shape in a small camp which is thus described in the same "Report" by Miss Mira Lloyd Dock, member of the State Forestry Reservation Commission:

“THE INVALIDS’ CAMP AT MONT ALTO.

“On September 27, 1902, I visited the camp for invalids on the Mont Alto Reservation.

“We drove from Graeffenburg, which lies at an elevation of one thousand feet above tide, and ascended almost one thousand feet more before emerging from the woods, upon the wide and beautiful summit plateau where the camp is located. The plateau itself, with a distant encircling rim of wooded ridges, reminded us of several places in the Black Forest much resorted to for the fine air by invalids, who are locally known as ‘air snappers.’

“The site of the camp at the edge of dense pine woods, facing south across slightly rolling pasture, is so healthful and so serenely beautiful that we wondered the land had not been utilized as a sanitarium long before now.

“The day was cloudy, and, following more than a week of heavy rain, we expected to find the camp wet and the campers perhaps depressed. In spite of excessive rain the gravelly soil and close-cut grass were dry and afforded pleasant walking. This feature is very important, for the network of old wood-roads which extend throughout the South Mountain lands offers an unusual variety of delightful walks, and from many years’ experience I know that after really violent storms the gravelly soil of these mountain benches and plateaus is firm and dry almost immediately.

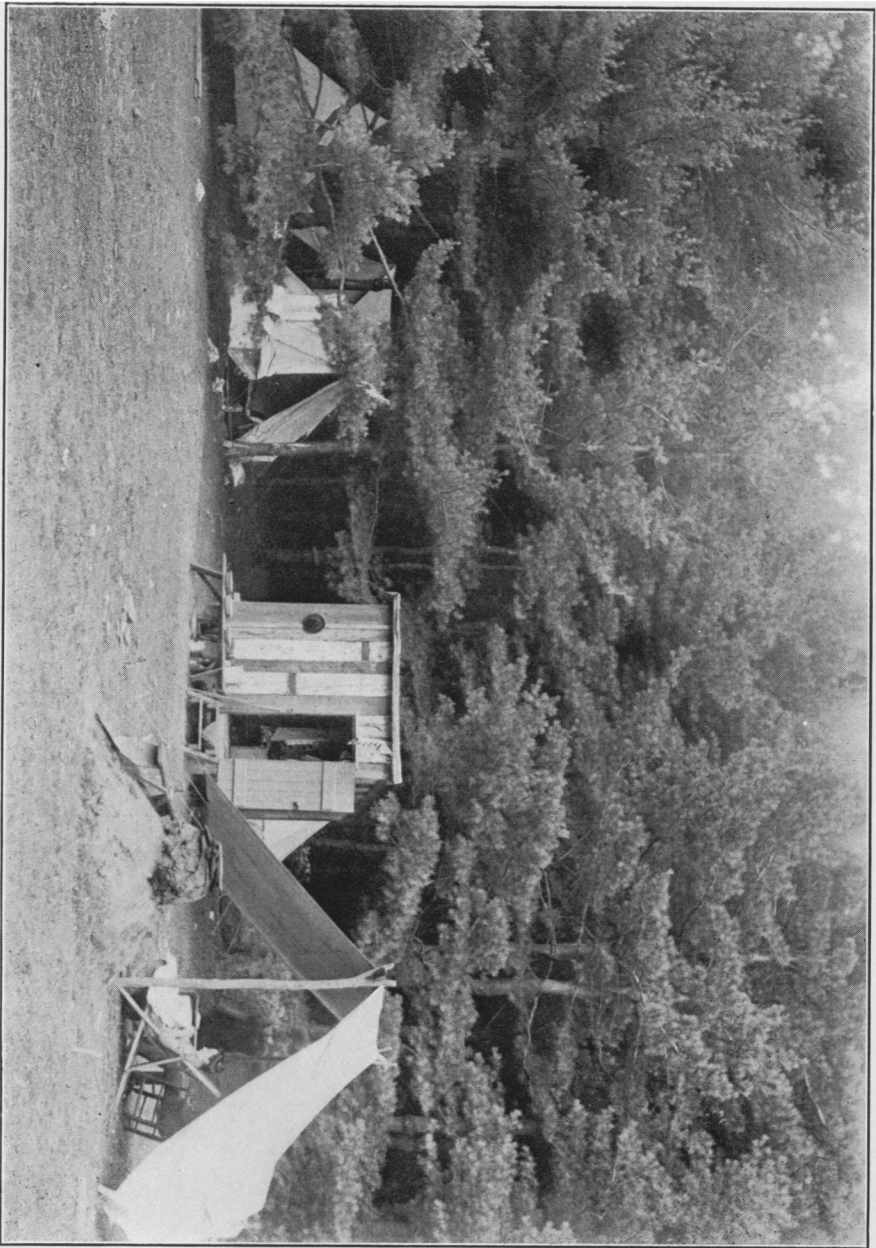
“We found the campers very cheerful, even happy, most grateful for the opportunity of living in such a health-giving spot, and their only regret being that they could not remain indefinitely. Of the two families then in camp each had its own sleeping-tent, while a third tent served them in common as kitchen and dining-room. These tents were in beautiful order, and the camp housekeeping reflected great credit upon the two ladies, who expressed themselves as more than contented with the facilities for procuring meat, groceries, milk, etc., that were afforded by the mountain farms in the vicinity and by the mail wagon from Mont Alto.

“It being Sunday, the men in camp were resting, but we saw the results of their weekday work in the pines, where they had cleared out considerable dead wood.

“Altogether the camp presented a most inspiring picture of a noble tract of land being put to a noble use.

“If possible to do so, the camp housekeeping would be benefited by piping water from one of the springs not far distant from it. At present all water is carried from some little distance.”

For the practical details Dr. Rothrock’s plan includes sufficient



INVALIDS' CAMP

supervision to secure proper sanitary conditions in this and similar camps which might be established. From among his notes on the proper organization of such camps we quote the following:

"All garbage to be taken to a closed yard and mixed with an equal quantity of quicklime, turned into compost, and used as a fertilizer.

"Neither napkins nor handkerchiefs will be allowed; Japanese napkins will be furnished as substitutes. These will be placed, when soiled, in a closed vessel attached to each cabin, carried every morning to a crematory, and burned. The vessels themselves will be boiled at least an hour in a strong solution of alkali. The water from the cauldron to be run through the earth to be taken up by the roots of plants. No expectoration whatever allowed on the ground or anywhere except on a napkin.

"Excreta collected in dry earth closets, mixed every twenty-four hours with quicklime and compost.

"Clothing will be subjected to superheated steam before being washed."

It would seem as if no nobler use could be made of the State forests than is outlined in the above reports, and it must be hoped that other States will follow this example of Pennsylvania.

Since the writing of this article the camps have been enlarged, a semicircle of tents now being found instead of two.

REGISTRATION FOR NURSES *

By JANE A. DELANO

Superintendent of Nurses, Bellevue Hospital, New York

THE subject of registration for nurses has had all sides turned to the light, and I can scarcely hope at this late day to find new arguments to strengthen our present position or to make us more sanguine when we consider the future.

We have scarcely had time to adjust ourselves to the new conditions or to realize all that our victory means, but let us not forget, in accepting the benefits of registration, that they have been made possible for all by the untiring efforts of the few.

The necessity of supervision for the medical profession in New York was recognized as early as 1760, and a law regulating the practice of medicine was passed with the following preamble: "Whereas, many ignorant and unskillful persons in physick and surgery, do take upon

* Read at the meeting of the New York State Nurses' Association, October 20.